

NCAA UNEVEN BARS

BLITZ/VITALE 2024

Connection Value	0.1	0.2	NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4	<b>Up to the Level</b> = Routine must have a <i>single bar release</i> minimum "D" or "E" release or minimum of two "D" releases or minimum of two "E" level skills <u>AND</u> "D" Dismount or "C" Dismount with connection value  <b>Elements:</b> Uprise HS w/ ½ = D Fwd/bkwd Stalders to HS or w/ ½ = D Fwd Stalder to HS w/ 1/1 turn = E 1-1/2 IN HS = E <i>All elements</i> that include 1/1 turn after handstand (Healy) = D Flyaway 2/1 = D Front Flyaway 1 ½ = D Front flyaway 2/1 = E Toe on front pike ½ = D Back stalder or clear support front tuck or pike ½ = D Double tuck w/ ½ twist = E **Bonus may be awarded for any skill or series of skills unless gymnast falls Fall Time: 45 seconds																
NCAA	C + C/D	D + D																		
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NCAA UNEVEN BARS

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NCAA	C + C/D	D + D		

\*Both "C" elements must have flight or turn but If "C" connected to "D/E" then "C" not required to have flight/turn -or- If 2 "C" 3/6/7 skills connected then do not need turn/flight to receive CV (\*Both "C" 3/6/7 skills must be different) **DV Bonus: Same bar D release OR any E release move = + 0.1**

**Elements:** Uprise HS w/ ½ = D Fwd/bkwd Stalders to HS or w/ ½ = D Fwd Stalder to HS w/ 1/1 turn = E 1-1/2 IN HS = E  
*All elements* that include 1/1 turn after handstand (Healy) = D Flyaway 2/1 = D Front Flyaway 1 ½ = D Front flyaway 2/1 = E  
 Toe on front pike ½ = D Back stalder or clear support front tuck or pike ½ = D Double tuck w/ ½ twist = E  
 \*\*Bonus may be awarded for any skill or series of skills unless gymnast falls Fall Time: 45 seconds

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NCAA Balance Beam

BLITZ/VITALE 2024

<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<b>NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4 Fall Time: 45 sec</b>	<b>Acro Series:</b> Minimum 2 flight skills with min "C" with or without hand support may include mount but <u>cannot connect to dismount</u> -or- can be an "A" non-flight element from group 7 (walkovers/cartwheels) connected to an "E" acro skill but must finish on the beam. <b>Dance/Dance or Dance/Acro Series:</b> Must stop on the beam <b>Acro Variety:</b> Fwd/bkwd/sdwd skills must be a min "A" skill in mount <u>or</u> on beam - not in dismount
<b>Acro Flight (2 element) (excludes dismount)</b>		<b>B + D/E C + C/D</b>	<b>Up to the Level:</b> If flight series is performed on beam <u>without</u> connection bonus (consider <u>only</u> skills performed on beam) then additional "D" acro (including mounts/dsmts) -or- "E" dance (including mounts) is required - D/E acro directly connected to dsmt CANNOT fulfill UTL	
<b>Acro Flight (3 element) (Dismount skill must be minimum "C" to receive bonus) ** +0.1 bonus with "C" in series for series finishing on beam</b>	<b>B + B + C</b>	<b>B + C + C B + B + D</b>	<b>Elements:</b> Straddle Jump ¼ = <b>C</b> Bkwd layout thru vertical to pike down legs together = <b>D</b> Bkwd Layout Stepout = <b>D</b> Full Twisting BHS swing down = <b>E</b> Double Stag or Ring Leap/Jump = <b>D</b> Fwd Salto 1 or 2 leg takeoff to sit = <b>D</b> 2/1 turn = <b>E</b> 2/1 wolf turn = <b>E</b> Tourjete ¼ = <b>E</b> Switch side w/ ¼ = <b>E</b> Swing leg to Fwd salto stretched with 1/1 to end/side = <b>C</b> in tuck position = <b>B</b> Gainer Salto bkwd tucked with 1/1 at end = <b>D</b> Fwd Salto stretched w/ 2/1 = <b>E</b> Gainer Salto bkwd tucked or stretched w/ 1½ to side = <b>D</b> or w/ 2/1 or 2½ to side = <b>E</b> Two foot Fwd Salto tuck or stretched w/ 1½ dismount = <b>D</b> 2/1 dismount = <b>D</b>	
<b>Dance or Mixed Series (acro elements must have flight) (excludes dismount)</b>	<b>A + D B + C</b>	<b>B + D C + C/D</b>	<b>Exceptions:</b> B + C Acro Flight = No Bonus B + D Mixed Series = 0.2 CV + 0.1 DV including "B" Jump + Layout Stepout B + D Acro Flight = 0.2 CV + 0.1 DV <u>except</u> BHS + Layout Stepout = NO CV + 0.1 DV <u>and</u> BHS + Layout stretched then piked feet together = 0.1 CV + 0.1 DV <u>and</u> Fwd Ariel + BHS = 0.1 DV + NO CV <u>but</u> FWD Ariel + back tuck = 0.1 DV + 0.2 CV <u>and</u> Fwd Ariel + BHS + Layout Stepout = 0.2 CV + 0.2 DV + 0.1**	
<b>Dance Turns (on one foot)</b>	<b>A+C or C+A</b>		B + B + D Acro Flight = 0.2 CV + 0.1 DV + 0.1** (**Award 0.1 for 3 flight skills [excluding dismount connections] that includes minimum "C" skill) <u>Except</u> BHS + BHS + Layout Stepout = 0.1 CV + 0.1 DV + 0.1** any order of BHS: swing down/stepout/gainer/2 feet <u>and</u> Fwd Ariel + BHS + BHS = 0.1 CV + 0.1 DV + 0.1**	
<b>Add'l CV bonus: B acro + C dsmt OR C dance + C dsmt = +0.1</b>				

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<b>Connection Value</b>	<b>0.1</b>	<b>0.2</b>	<b>0.3</b>	<p align="center"><b>NCAA Value Parts: 3A, 3B, 2C Start Value: 9.4</b></p> <p>*If "C" turn followed by "C" jump may receive CV if directly connected                  **Acro elements in mixed series must be salto or flight elements to receive CV</p> <p><b>Difficulty Bonus:</b> Double flipping salto OR any E acro in <u>last</u> pass receives additional +0.1 DV</p>	<p><b>Elements:</b> Front salto piked = A Ring jump or Stag-Ring jump with 1/1 = D                  Switch-Side Leap with ½ or ¾ Turn = D  <b>Dance passage:</b> Min. of 2 <u>different</u> Group 1 elements directly or indirectly connected &amp; requires 180° leap (1 foot take off) cross or split position. Allows for running steps, small leaps, hops, chassés, assemblés or any kind of turn on 1 or 2 feet between the 2 dance value parts  <b>Up to the Level:</b>                  1. For ALL routines →                  • 1 "E" element (acro/dance) -or- 2 different "D" elements (1 must be an acro element)                  • Acro Dsmt with a min. "C" salto in bonus combination -or- min. of a "D" Salto                  2. In addition: If only 2 acro passes <b>One</b> pass "D/E" <b>Second</b> pass "D/E" <u>or</u> +0.2 CV  <b>Salto Dismount:</b> defined as last isolated salto or <u>within</u> last acro combination  <b>Acro Pass:</b> defined as 1 or more acro elements, 1 element must be a min. C salto</p>
<b>Acro Indirect</b>	A/B + A/B + C A+D B+C	C + C A+A+D A+E B/C + D/E			
<b>Acro Direct</b>	B+B ( <u>different</u> ) or A+C A+A+C	B+C or A+A+D or A/B +D	C + C		
<b>Dance*/Mixed**</b>	B + D or C + C D salto + A/B jump	C + D/E			

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_____ DV	
_____ SV	
_____ Lack of Dance Bonus min. 0.1 CV or DV (0.1)	
_____ Acro Variety: no fwd/sdwd salto (0.1)	
_____ Acro Variety: no bkwd salto (0.1)	
_____ Distribution (0.05)	_____ Use of Floor (0.05)
_____ Up to the Level (0.1)	
_____ Artistry (→ 0.3)	
_____ Exec/Amp	
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